ER KREATIN FARLIG?

Kreatin er et av de mest populære kosttilskuddene på markedet. Det har lenge vært lett tilgjengelig verden rundt og har mange dokumenterte positive effekter. Men med et kosttilskudd så utbredt som kreatin kan man gjerne spørre seg selv, er kreatin farlig og hva gjør kreatin med kroppen?

Creatine is one of the
most popular supplements on the market. It has long been readily available around the world and has many documented positive effects. But with a dietary supplement as widespread as creatine, one can easily ask oneself, is creatine dangerous and what does creatine do to the body?

But with a dietary supplement as widespread as creatine, one might ask oneself, is creatine dangerous?

WHAT IS CREATINE

Creatine is among the most researched and effective supplements. It can help with exercise performance by quickly producing energy during intense activity. Creatine may also provide cognitive benefits, but more research is needed in that area. Creatine is a molecule produced in the body from amino acids. It is primarily made in the liver and (to a lesser extent) in the kidneys and pancreas.

About 95% of creatine is stored in the skeletal muscles of your body and used during physical activity. Creatine helps to maintain a continuous supply of energy to active muscles by keeping the production of energy up in these active muscles. Small amounts of creatine are also found in the heart, brain and other tissues. Creatine is also found in foods such as milk, red meat and seafood.

WHY DO PEOPLE TAKE CREATINE?

Everything from professional athletes to hobbyists can use creatine. People at all levels have been known to take creatine supplements to aid their training routines and improve exercise recovery. Creatine can increase endurance, but is most effective in increasing strength.

Before, creatine was mostly taken by men. However, in recent years, creatine has become even more normal in women as well. Creatine can help in a number of sports including football, wrestling, hockey and bodybuilding. Creatine is also approved by WADA (World Anti-Doping Agency).

BENEFITS OF TAKING CREATINE

The benefits of taking creatine are many and well documented. Some of the most popular reasons are:

- Improve your training capacity.
- Faster recovery after intense training.
- Prevent and/or reduce the severity of injuries sustained from exercise.
- Helping athletes withstand heavy training loads.
- Increase your lean muscle mass.

Vegans, for example, can get a very good result from taking creatine. This is because vegetarians and vegans generally have lower intramuscular creatine storage. Therefore, they may see greater gains by using creatine as a dietary supplement. Several studies also show that creatine can reduce cases of cramps, dehydration and exercise issues than those who do not take creatine. In addition, you can find research that creatine can help with diseases and disorders such as Parkinson's and Huntington's disease, diabetes, osteoporosis, fibromyalgia, ageing, brain health and cardiac ischaemia.

Creatine is also said to keep water in the body, but that is a bit wrong because creatine keeps water in the muscles. It doesn't make you look more toned, on the contrary, it can make your muscles more visible. This is because water in the muscles will cause the muscles to push up against the skin and this will give the illusion of a lower fat percentage.

IS CREATINE DANGEROUS?

Creatine is generally considered a very safe dietary supplement. But there may be cases where what is sold as creatine is not actually creatine. For the most part, the creatine you can buy at health food stores in Norway is safe. However, if you order from abroad, there may be impurities or other additives that are not as safe. Therefore, be careful where you buy/order from.

IS CREATINE DANGEROUS FOR CHILDREN?

On a general basis, there does not appear to be any higher risk for teenagers taking creatine. If anything, the most common side effect is an upset stomach. However, there is not much research in this field either. If you are unsure, always talk to your doctor before you start taking a dietary supplement.

CAN YOU TAKE CREATINE WHEN PREGNANT?

Not enough information is known about the safety of creatine supplements in pregnant or breastfeeding women. Doctors do not always know the effects of creatine supplementation on important organ systems, such as the heart, brain, kidneys, liver and reproductive organs, or the effects of combining creatine supplementation with over-the-counter medications, prescription drugs, vitamins and energy drinks.

As with all supplements, talk to your doctor first. It is the easiest way to find out if it is a suitable dietary supplement for you.

IS CREATINE HARMFUL TO THE KIDNEYS?

Some may have heard that creatine can be harmful to the kidneys, but is that actually the case? No, we have a lot of studies on Creatine and taking up to 10g daily will not cause any damage to the kidneys.[1]

Is creatine harmful to the kidneys?

[2] Even intakes above 10g have not shown any damage to the kidneys. [3] Even people with reduced kidney function suffered no additional damage/strain on the kidneys from consuming up to 5g of creatine daily. [4][5]

DIFFERENT TYPES OF CREATINE

When you go out shopping for creatine, you can quickly see that there are many different types of creatine on the market, so which type of creatine is best?

The most common variant is creatine monohydrate, this is also the cheapest form of creatine. The other forms promise a number of undocumented effects. Among other things, that they do not retain as much water in the body, that they have higher bioavailability and a longer half-life. The problem is that these other products have a much higher price and, as mentioned earlier, they have no concrete research to support these claims.

References:
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[3] HTTPS://WWW.NCBI.NLM.NIH.GOV/PUBMED/28615996
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